

## ALIMENTS

### LIST OF FOODS WITH ADDED SALT AND OR SODIUM ADDITIVES.

Canned meat and fish (anchovies, sardines, tuna), seafood, charcuterie, bologna, ham, cured ham, sausages. Smoked food (smoked turkey, smoked salmon). All seasoned cheeses, mainly the yellows. Mozzarella and fresh cream cheese have lower amount of salt than the yellow cheeses. Industrialized broth cubes. Bread, toasts (except unsalted breads). Industrialized cakes, biscuits and cookies. Canned olives and vegetables without rinsing. Pickles. Industrialized snacks (chips and others). Fast food. Pre-cooked food (noodles, frozen lasagna and other frozen meals like pies, canned soups, etc). Commercial sauces (soya sauce, ketchup, mustard, mayonnaise, broths).

Many ready-to-eat food and meals have food additives that contain sodium, potassium and phosphate. Individuals with chronic kidney disease must be aware of these products to avoid them. To check this, it is recommended to read the list of ingredients of all the products and avoid those containing the sodium based additives with the codes E237, E350ii, E521, E541, E554 and E576.

### WHAT FOODS HAVE HIGH AMOUNT OF SODIUM?

FRESH FOODS naturally contain low amount of sodium, and you should prefer to use them on your diet. The main problem is the addition of salt and sodium additives to foods that are used to increase palatability and shelf-life.

## THE KCL

(potassium chloride) has been used to replace the common salt (sodium chloride - NaCl) in foods. However, this salt has potassium and needs also to be avoided in the diet of individuals with chronic kidney disease. Simply do not buy this salt or foods with this salt. The KCl is also known as "diet salt" or "salts substitutes".

## LIQUIDS

### If I have chronic kidney disease should I restrict liquids from my diet?

Individuals on dialysis need to monitor the amount of liquids ingested to avoid liquid retention. The amount is individualized and it depends if you urinate or not. Ask to your dietitian and nephrologist.

### Are liquids present only in water?

No. Liquids are also present in juices, refreshments (soda, cola and others), soups or broths, beer, wine and alcoholic drinks.

### Why the body liquids of individuals with chronic kidney disease can increase?

Because the kidneys of the person that has chronic kidney disease can not eliminate the excess of sodium and liquids, as consequence, these are retained in the body. Even the dialysis cannot eliminate all the excess of liquids if the amount of liquids ingested is high. The excess of liquids can accumulate in the body and lead to problems such as:

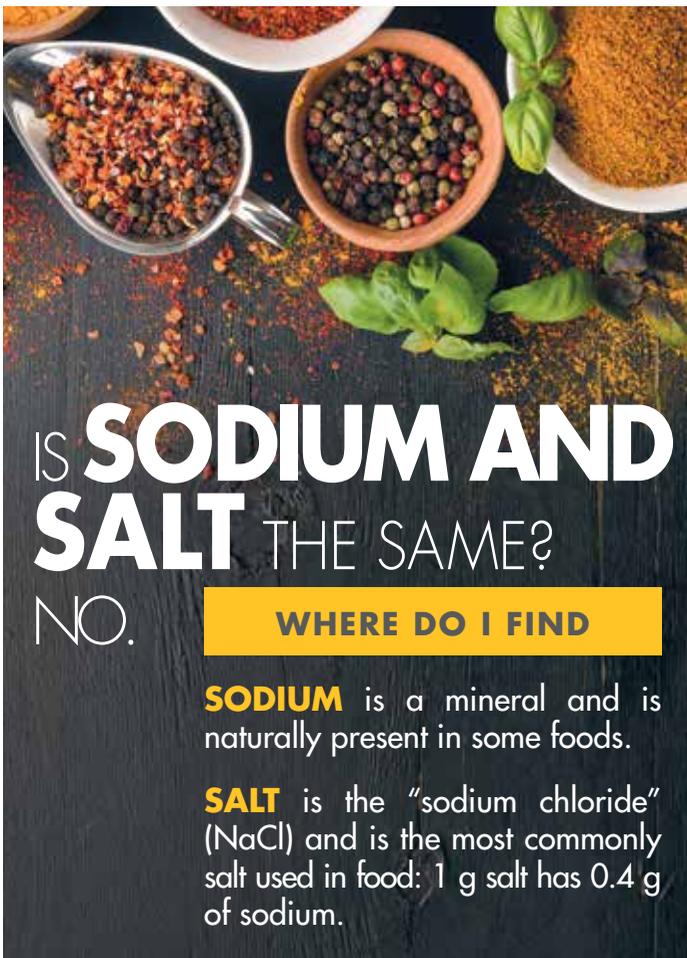
- Hypertension.
- Headaches and low energy.
- Swelling in your face, hands, and feet (edema).
- Difficulty breathing from fluid in the lungs.
- Heart damage from straining the heart with too much fluid.

### What can I do to drink less liquids?

- Reduce your salt intake.
- Avoid the consumption of refreshments especially Cola, as it contains phosphorous.
- Avoid processed fruit juice (those we buy ready-to-drink) as it normally contains added sugar and potassium additives.
- Avoid sports drinks as it contains sodium and potassium.
- Avoid alcoholic drinks. If you want to drink wine or beer, use a small serving, as they will add up the amount of liquids you drink.
- Prefer drinking water that is healthy and will not make you feel thirsty.
- Reduce salt intake and salty foods, they will increase the feeling of thirst.
- Use thin slices of lemon to stimulate salivation to help you not feeling thirsty.
- Drink cold tea or lemonade instead of refreshment.
- Make ice cubes with lemonade or water with flavor.
- A trick to help you to control the fluid amount you drink, fill a bottle with water with the amount of liquids you can drink in a day, every time that you drink water/liquids (ex. coffee, tea, juice, water, and other liquids) discount from the bottle the same amount of liquids consumed, when the water from bottle runs out, it signs that you should not drink more liquids for the day.



# SODIUM



# IS SODIUM AND SALT THE SAME?

NO.

## WHERE DO I FIND

**SODIUM** is a mineral and is naturally present in some foods.

**SALT** is the "sodium chloride" (NaCl) and is the most commonly salt used in food: 1 g salt has 0.4 g of sodium.



In food labels, salt is normally described as Salt or **NaCl**.

**How much sodium our body needs daily?** Our body needs only 1 to 2 g of sodium per day, but our diet normally contains about 10 g/day. So, the recommendation is that we all decrease the sodium intake to 2 g per day which is equivalent to 5 g of salt per day.

## NA

### If I have CKD, should I eat a diet with low amount of SODIUM?

YES. SOME SUGGESTIONS FOLLOW:

- 1 Limit the **PROCESSED AND ULTRAPROCESSED FOOD FROM YOUR DIET**.
  - a These are the foods that are bought ready-to-eat. These foods have a **LOT of salt even if you do not find them "salty"**.
  - b Eat more fresh foods and cook more at home.
- 2 **LIMIT THE AMOUNT OF SALT IN YOUR PREPARATIONS**.
  - a Use herbs, spices or seasonings to replace the salt. Examples are garlic, onion or black pepper to add flavor to the food. You can prepare herbs salt at home (look in the recipes below).
  - b If you cannot completely avoid salt, **boil the food (i.e. pasta) without salt and add a small amount on the top when is in the plate**. The small amount would be less than a teaspoon, which contains 3 g of salt (equivalent to 1.5 g of sodium). Keep in mind that the recommendation is to eat 5 g of salt/day (equivalent to 2 g of sodium/day). Small amounts of salt adds taste and herbs can be used to enhance flavor.
- 3 Prepare **HOMEMADE HEALTHY SNACKS** and replace the salt for herbs and spices.
- 4 Compare the labels of the foods to choose those with **LOWER** salt content.
- 5 If possible, bake your own bread **AT HOME** (it can be fun to do it at home) and replace the salt for herbs. Or, if you buy fresh bread in the bakery, ask if it is possible to have a no-salt bread.

## NA

### If I have CKD, what can I do to replace the use of SALT?

Use herbs to season the food and try these herbs salt to replace the regular salt. Here you have a list of combinations:

- 1 ½ tablespoon sea salt, 1 tablespoon paprika, 1 teaspoon freshly ground pepper, 1 teaspoon garlic powder.
- 2 2 tablespoons chopped basil, 2 tablespoons thyme, 2 tablespoons grated lemon peel, (blend and store in a tightly closed jar in the freezer).
- 3 5 teaspoon onion powder (not onion salt), 1 tablespoon garlic powder, 1 tablespoon paprika, 1 tablespoon dry mustard, 1 teaspoon thyme, 1/2 teaspoon white pepper, 1/2 teaspoon celery seeds.
- 4 1 ¼ teaspoon celery seed, 2 tablespoon crushed marjoram, 2 tablespoons crushed savory, 2 tablespoons crushed thyme, 1 tablespoon crushed basil.

Recipes can be adapted based on the availability of aromatic herb.



### PRODUCTS ADVERTISED AS CONTAINING LOW SODIUM CONTENT CAN BE CONSUMED IF I HAVE CHRONIC KIDNEY DISEASE?

**Always prefer fresh food.** If you want to eat these products, eat small servings because these products may contain potassium chloride (KCl) to replace the salt (NaCl). Even if they contain low salt, do not overeat.

**WARNING:**  
be aware that commercially food come already with added salt. Therefore, even if you do not add salt when preparing it, the salt is already there.